

# Building Confidence and Self Esteem

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In the last newsletter we looked at how low confidence and low self esteem can stop you from doing things and making you feel not so good. One of the ways you can increase confidence is to challenge yourself by setting goals and achieving them.

Here are some other techniques that may help you feel better about yourself.

## **Build positive relationships**

If you find certain people tend to bring you down, try to spend less time with them. Try and spend more time with people who are positive and who appreciate you. You might find new friendships by getting involved in sports and other activities that you enjoy.

## **Be kind to yourself**

It can be easy to put yourself down, especially if you do not feel that you have achieved or acted your best. It is important to be gentle to yourself at these times and to recognise that your best may change from time to time. If you are feeling unwell then your best might not be the same as when you are feeling 100%. Think about what you would say to a friend in a similar situation. We often give much better advice to others than we do ourselves.

## **Recognise what you are good at**

We are all good at something, whether it's cooking, singing, doing puzzles or being a friend. We also tend to enjoy doing the things we are good at, which can help to boost your mood. By doing more of what you are good at, you can feel better about yourself.

## **Focus on positive thoughts and comments**

Write down other positive things about yourself, such as "I am thoughtful" or "I am good at football" or "I am someone that others trust". Also write down good things that other people say about you.

Aim to have at least five things on your list and add to it regularly. Then put your list somewhere you can see it. That way, you can keep reminding yourself that you are OK.

***Tip: If you are struggling to find positive things about yourself, ask a trusted friend or family member to help you get started.***



Uffculme School Student Welfare Services  
Looking out for our students